

1. A shower head assembly, comprising:
 - a shower head housing having a water inlet and a nozzle plate, said nozzle plate having a plurality of apertures therein;
 - a plurality of nozzles positioned on said shower head housing in fluid communication with said apertures to provide a plurality of water outlets;
 - a plurality of nozzle inserts, each of said nozzles having a nozzle insert positioned therein, each of said nozzle inserts having a flexible nozzle tip protruding from said nozzle, each of said nozzle inserts having a passageway in fluid communication with said water inlet, whereby water introduced into said water inlet is ejected from the shower head through said passageway in said nozzle insert.

2. The shower head assembly of Claim 1, wherein said nozzle insert is formed from an outer sleeve surrounding an inner cannulated member having said passageway formed therein.

3. The shower head assembly of Claim 2, wherein said nozzle insert comprises a co-injected part, with said outer sleeve formed over said inner cannulated member.

4. The shower head assembly of Claim 2, wherein said outer sleeve is formed of a harder material than said inner cannulated member.

5. The shower head assembly of Claim 2, wherein said inner cannulated member is formed from a material having a shore hardness of about 30-50 Sh A.

6. The shower head assembly of Claim 2, wherein said outer sleeve is formed from a material having a shore hardness of about 90 Sh A.

7. The shower head assembly of Claim 2, wherein said outer sleeve is formed from a polypropylene material.

8. The shower head assembly of Claim 2, wherein said inner cannulated member is formed from a polypropylene material.

9. The shower head assembly of Claim 7, wherein said inner cannulated member is formed from a polypropylene material.

10. The shower head assembly of Claim 1, wherein said nozzle and said shower head have a consistent finish.

11. The shower head assembly of Claim 10, wherein said consistent finish comprises a brass finish.

12. The shower head assembly of Claim 10, wherein said consistent finish comprises a chrome finish.

13. The shower head assembly of Claim 1, wherein said flexible nozzle tip protrudes about 1-2 mm from said nozzle.

14. A shower head nozzle, comprising a nozzle body having a nozzle insert passageway formed therein, said nozzle having a nozzle insert positioned in said nozzle insert passageway, said nozzle insert including a flexible nozzle tip protruding from said nozzle, said nozzle insert being cannulated, whereby water introduced into said nozzle traverses said nozzle insert and is ejected therefrom.

15. The nozzle of Claim 14, wherein said nozzle insert is formed from an outer sleeve surrounding an inner cannulated member having said passageway formed therein.

16. The nozzle of Claim 15, wherein said nozzle insert comprises a co-injected part, with said outer sleeve formed over said inner cannulated member.

17. The shower head assembly of Claim 15, wherein said outer sleeve is formed of a harder material than said inner cannulated member.

18. The nozzle of Claim 12, wherein said inner cannulated member is formed from a material having a shore hardness of about 30-50 Sh A.

19. The nozzle of Claim 12, wherein said outer sleeve is formed from a material having a shore hardness of about 90 Sh A.

20. The nozzle of Claim 12, wherein said outer sleeve is formed from a polypropylene material.

21. The nozzle of Claim 14, wherein said flexible nozzle tip protrudes about 1-2 mm from said nozzle.